

Be S.A.F.E. Women's Self Defense Class

Sunday April 12, 2026 12:00—4:00 P.M.

395 E Taylor St., San Jose 95112



Learn what a predator is looking for in a victim and how to stop them

Learn how to develop your awareness to avoid a bad situation

How to escape awkward situations at business or professional environments

How to escape common attacks and how to discourage another attack

Only \$100

Save \$20 if you register in advance

Steaphen Fick has over 30 years of experience in European martial arts. The Be SAFE class started as a safety program for Realtors and how to maintain their safety at Open Houses and Listing Appointments. He has worked with martial artists from many different systems, and the Be SAFE program is based on a 600 year old Italian system.

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